

# AQUA AEROBICS



## DEEP WATER

A deep water workout to tone and strengthen muscles, and improve cardiovascular fitness.

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:55am		6:00 - 6:55am		6:00 - 6:55am
7:45 - 8:40am		7:45 - 8:40am		7:45 - 8:40am
5:30 - 6:25pm	5:30 - 6:25pm	5:30 - 6:25pm	5:30 - 6:25pm	

## SHALLOW WATER

A shallow water workout to strengthen and tone muscles.

Monday	Wednesday	Friday
9:15 - 10:10am	9:15 - 10:10am	9:15 - 10:10am



*Participants may enter water up to 5 minutes prior to start of class. No classes on holidays. Pools are heated to 80° year-round!*

Drop-in	15 Admission Punch Pass
\$7.00	\$93.00R \$105.00N